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with Dr. Jason Troyer



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Remember with Sacred Journeys & Spaces

There is something about being in a place where significant things happened; being in a place that is the source and the setting for meaningful events in your life. Our memories will always be more vivid if we're actually in that place – there will be a thousand little reminders about what the place looks like, the smells, the feel of the place – and that's why taking journeys and simply being in special places can be such a powerful part of remembering.

Considerations for Remembering with Journeys & Places

- What places or spaces are meaningful to you and your loved one? Where did your relationship begin? Is there a location that was transformational for you?
- How will visiting help you remember them and their legacy?
- Was there a special place you wanted to go, but never went?
- Did they talk about a place that was important to them, but where you have never been (their childhood home, etc.)?
- Are their people who live nearby you could interview for more stories about your loved one?
- What will you say or do when you get there? Be open to whatever thoughts and feelings arise. Do you want to take a picture of the location?
- Will you go alone or with someone else?
- Do you want to read a letter there or something else? Play music?